

Drowsy



Think a little nap
couldn't hurt?
It depends on where
you fall asleep.



www.michigan.gov/michnets

4000 Collins Road
Lansing, MI 48909-8133
(517) 336-6477
www.michigan.gov/ohsp

Drowsiness is the main cause of 100,000 police-reported crashes annually. In the United States, drowsy-driving crashes kill at least 1,500 people each year.

Studies suggest that 20-30 percent of America's 25 million rotating shift workers have had a fatigue-related driving mishap within the last year. The drive home from work after the night shift is likely to be a particularly dangerous one.

In a study of U.S. and Canadian police officers, almost 90 percent found drowsy driving to be as dangerous as drunk driving.

Effective Countermeasures:

- Get a good night's sleep.
- Plan to drive long trips with a companion.
- Schedule regular stops, every 100 miles or 2 hours.
- Travel at times when you are normally awake and stay overnight rather than driving straight through.
- Avoid alcohol and medications that may impair performance.

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